

Attend our no-fee workshop!

Assertive Communication

TWO-DAY WORKSHOPS

Wednesdays & Thursdays

May 8 & 9, 2019

June 12 & 13, 2019 and

August 7 & 8, 2019

9:00 a.m. – 12:30 p.m.

Ogden Employment Center • 480 27th St. • Ogden



Don't miss this opportunity!

**Participating attendees will receive a certificate of completion in
Assertive Communication**

- Learn communication styles
- Master the language of assertive communication
- Learn how to say "no"
- Acquire listening skills
- Become proficient in expressing thoughts and feelings
- Learn about conflict management
- Learn about assertive rights and personal rights
- Become familiar with personal power and positive affirmations

For more information:

Email Tracy Shroeder at tschroed@utah.gov to sign up or register online at jobs.utah.gov.

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240.

Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711.

Spanish Relay Utah: 1-888-346-3162.



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